



Golden Crumbed Chicken

with creamy mash and carrots

Family 35-40 mins

4



Chicken Breast



Honey



Breadcrumbs



Parsley



Ground Cumin



Mayo



Potatoes



Baby Carrots

Pantry Items: Oil, Butter, Salt, Pepper, Water, Milk (Optional)



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander, pot with lid, potato masher

Ingredients

| | 2P | 4P |
|----------------|-----------|-----------|
| Chicken Breast | 320 g | 640 g |
| Honey | 1 sachet | 2 sachets |
| Breadcrumbs | 1 pack | 2 packs |
| Parsley | 5 g | 10 g |
| Ground Cumin | 1 sachet | 2 sachets |
| Mayo | 2 sachets | 4 sachets |
| Potatoes | 3 units | 6 units |
| Baby Carrots | 150 g | 300 g |

Nutrition

| | Per serving | Per 100g |
|--------------------------|----------------------|---------------------|
| for uncooked ingredients | 577.5 g | 100 g |
| Energy (kJ/kcal) | 2920 kJ/ 698 kcal | 506 kJ/ 121 kcal |
| Fat (g) | 19.8 g | 3.4 g |
| Sat. Fat (g) | 3.3 g | 0.6 g |
| Carbohydrate (g) | 86 g | 14.9 g |
| Sugars (g) | 10.3 g | 1.8 g |
| Protein (g) | 42.9 g | 7.4 g |
| Salt (g) | 2.73 g | 0.47 g |

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Make the Mash

- Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Add the **potatoes** to the boiling **water** and cook until fork tender, 12-18 mins.
- Once cooked, drain the **potatoes** in a colander and return to the pot (off the heat).
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Crumb the Chicken

- Pop the **mayo** into a large bowl then add the **chicken**, turning so it's well coated all over.
- Add the **breadcrumbs** to a separate bowl with a pinch of **salt** and **pepper**.
- Working with one **chicken breast** at a time, press both sides into the **breadcrumbs** to coat completely.
- Carefully shake off any excess **breadcrumbs**.



Cook the Carrots

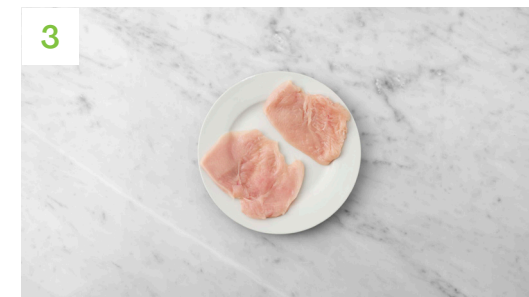
- Meanwhile, pop the **carrots** onto a lined baking tray. Drizzle with **oil**, season with **salt**, **pepper** and **cumin** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the middle shelf until tender, 20-25 mins. Turn halfway through.
- Roughly chop the **parsley** (stalks and all).
- When cooked, toss the **carrots** with **honey** and **parsley**.



Fry the Chicken

- Place a large pan over medium heat with a drizzle of **oil**.
- Once the **oil** is hot, lay the butterflied **chicken** into the pan and season with **salt** and **pepper**.
- Fry until browned and cooked through, 3-6 mins each side. **IMPORTANT:** Chicken is cooked when no longer pink in the middle.
- Once cooked, transfer to a plate, cover and allow to rest, 1-2 mins.

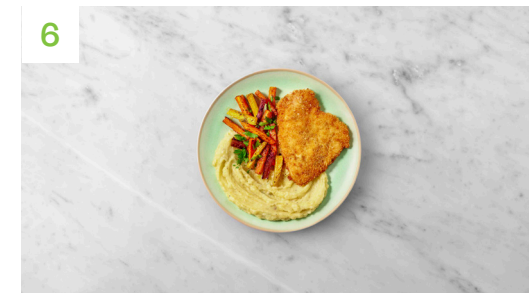
TIP: Allow the oil to get nice and hot to ensure the chicken fries properly.



Butterfly the Chicken

- Lay the **chicken** out on a chopping board. Place your hand flat on top.
- Slice horizontally until there's 2cm left (don't slice all the way through). **IMPORTANT:** Wash hands and equipment after handling raw chicken and its packaging.
- Open the **chicken breasts** up like a book.

TIP: Notice a stronger smell from your chicken? Don't worry, this is normal due to packaging we use to keep it fresh. It will still taste delicious once cooked!



Finish and Serve

- Arrange the creamy mashed **potato** and **carrots** on your plates.
- Serve the golden **chicken** alongside.

Enjoy!